



Gingerbread Granola-Yogurt Parfaits

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



592 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup almonds sliced
- ☐ 2 teaspoons cinnamon
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 1 cup golden raisins
- ☐ 0.5 teaspoon ground cloves
- ☐ 1.5 teaspoons ground ginger
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.8 teaspoon nutmeg

- ☐ 3 cups oats instant (not)
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon vanilla extract
- ☐ 2 cups vanilla yogurt plain
- ☐ 0.3 cup vegetable oil
- ☐ 1 cup walnut pieces finely chopped
- ☐ 0.5 cup wheat germ

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 300F. Line 2 large baking sheets with foil.
- ☐ In a large bowl, mix oats, nuts and wheat germ. In another bowl, whisk brown sugar, molasses, oil, vanilla, salt and spices. Stir molasses mixture into oat mixture. Divide between 2 baking sheets, spreading evenly.
- ☐ Bake granola until browned, 50 to 60 minutes, stirring every 15 minutes. Halfway through baking time, switch baking sheets from top to bottom and front to back. (Granola will turn very dark brown from the molasses.)
- ☐ Remove baking sheets and transfer granola to a large bowl; let cool, stirring occasionally. Toss in raisins, if desired.
- ☐ Just before serving, assemble parfaits: Spoon about 3 Tbsp. granola into each of 8 small bowls or parfait glasses. Top each with 2 to 3 Tbsp. yogurt. Repeat layers once.
- ☐ Serve immediately. Store extra granola in an airtight container in the refrigerator for up to 2 weeks.

Nutrition Facts



 **PROTEIN 9.14%**  **FAT 40.98%**  **CARBS 49.88%**

Properties

Glycemic Index:30.71, Glycemic Load:19.73, Inflammation Score:-7, Nutrition Score:22.783913088881%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 591.91kcal (29.6%), Fat: 28.01g (43.09%), Saturated Fat: 3.76g (23.53%), Carbohydrates: 76.69g (25.56%), Net Carbohydrates: 69.13g (25.14%), Sugar: 44.48g (49.42%), Cholesterol: 3.06mg (1.02%), Sodium: 273.43mg (11.89%), Alcohol: 0.56g (100%), Alcohol %: 0.39% (100%), Protein: 14.06g (28.12%), Manganese: 3.4mg (170.04%), Magnesium: 166.63mg (41.66%), Phosphorus: 401.11mg (40.11%), Copper: 0.68mg (34.15%), Selenium: 21.7µg (31%), Fiber: 7.56g (30.25%), Vitamin E: 3.97mg (26.49%), Vitamin B1: 0.38mg (25.52%), Potassium: 827.1mg (23.63%), Vitamin B2: 0.4mg (23.34%), Zinc: 3.44mg (22.96%), Calcium: 225.31mg (22.53%), Iron: 3.86mg (21.47%), Vitamin B6: 0.41mg (20.42%), Vitamin K: 18.74µg (17.85%), Folate: 56.99µg (14.25%), Vitamin B5: 1.14mg (11.39%), Vitamin B3: 1.88mg (9.41%), Vitamin B12: 0.32µg (5.41%), Vitamin C: 1.29mg (1.56%)